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Your Family Involvement & Support Team

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Registration is Open!

The Family Advisory Committee to Vancouver Coastal Mental Health and Addictions Services presents its *9th Annual Family Conference: Family Involvement in the Mental Health and Addiction System* on Saturday, April 26, 8:30 a.m. - 4:30 p.m., at Vancouver General Hospital's Paetzold Theatre. The Annual Family Conference offers an opportunity for families to come together to access current information about mental illness and addiction. This informative day-long event presents personal stories of recovery from mental illness and addiction alongside groundbreaking clinical and practical advice and resources for service users, their families, and professionals alike.

In addition to breakout sessions, the conference features two fascinating keynote presentations. The first, entitled *Psychosis: Brain and/or Mind* is presented by Dr. Bill Honer. The second, *Mobilizing Families and Communities to Improve Care for People with Addiction* will be presented by Dr. Evan Wood. You'll find features on the conference speakers in this edition of the newsletter.

Ticket prices: \$45 Individual / \$130 Family (of 4)
Network Lunch - Additional \$15 (must be pre-booked)

Address: Vancouver General Hospital Paetzold Theatre
899 West 12 Avenue
Vancouver, BC

To register, visit our website: www.annualfamilyconference.com



Strengthening Families Together

Strengthening Families Together is an 8-week psychoeducational group developed by the BC Schizophrenia Society. It was developed with the belief that Canadian families have a right to reliable educational information on serious mental illnesses.

The 8-session education program for family members and friends of individuals with serious and persistent mental illnesses aims to increase accessibility to Canadian-based information on topics associated with living with mental illness. This program will be co-led by VCH Family Coordinator Jessica Wilkins and a family member.

Topics include:

- Information on mental illnesses;
- Treatment including information on medication;
- Understanding the mental health system;
- Addiction;
- Coping as a family;
- Advocacy.

VCH will be offering the Strengthening Families Together program twice per year, the next session begins in May 2014.

Details: 8 week program
Monday evenings,
6:30 - 8:30 p.m.
May 5 - June 23



Registration for the program is required.

If you would like to know more information, or if you would like to register, please contact:

Jessica Wilkins
604-736-2881
or
jessica.wilkins@vch.ca



St. Paul's Hospital Family Support Group

St. Paul's Hospital is offering a Mental Health Family Support Group. The group will run weekly from April 23rd to May 28th 2014. This group may be a good fit for person who has a family member or friend who has been diagnosed with a mental health condition and needs support. This is a closed support group with a psycho-educational component.

St Paul's Hospital
1081 Burrard Street
Room 2B-169, 2nd floor, Burrard Building
6 sessions Wednesday evenings
April 23 - May 28
6:00 p.m. - 7:30 p.m.



Groups will be facilitated by:
Pam Plain (MSW), Melissa Tyson (MSW),
Alison Barrett (MSW)

For registration, please contact:
Pam Plain at 604-682-2344 local 62403

Get, Set & Connect Orientation Sessions

The CMHA Get Set & Connect Program is designed to help individuals living with a mental health concern, make connections and form meaningful relationships with other individuals through activities in the community through one-to-one continued support. Community inclusion is the goal.

There is an upcoming orientation session in the month of April:



Thursday April 10th, 3:00pm
Hastings Community Centre (3096 Hastings St.)
In the Boardroom

Register to attend the following orientation please call: Kim : 604-872-4902 ext 223; Dolly: 604-872-4902 ext 222; Katy: 604-872-4902 ext 290 or Christine: 604-872-4902 ext 229

CMHA Chinese Family Support

Richmond Chinese Family Support Group run by the Canadian Mental Health Association, Richmond Branch is next meeting on April 12th, 2014.

April's meeting will take place at Richmond Caring Place on April 12th, 2014, Saturday.

The address is room 345/50-7000 Minoru Blvd., Richmond (at Granville and Minoru).

Please note there are changes to this month's time and format.

4月12日是我們**CMHA愛心小組**的活動，敬請留意和相互告知。

地點沒變，在加愛中心345/50室。

地址是7000-Minoru Blvd. Richmond

請留意本次活動改在上午舉行

第一部分：免費講座

上午9點15分至10點45分

嘉賓講員：陳惠嫻 精神科護士

講座主題：精神健康康復之路：自我照顧

內容：從精神疾病這種慢性病中康復過來的朋友們難免遇上種種困難。比如說難以找到工作或住房，難以在社會上從新定位，肯定自己。而其中，自我照顧由其重要。陳女士會為我們講一下如何在康復過程中自我照顧

第二部分：打開心窗互助小組

上午 11點至中午12點

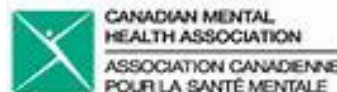
內容：「打開心窗」是每月聚會一次的情緒互助小組。透過保密性的互相交流，可以盡情訴說心中事。該活動為大家提供一個自我幫助成長的機會，並藉著多角度思維，多選擇方式思考，學習以更積極的方式去工作與生活，面對人生的挑戰。

Pre-registration preferred. Light refreshment will be served.

請提前登記，茶點恭候，敬請留意。

For more information, or to register please contact:

Bessie Wang | Chinese Program Coordinator
Canadian Mental Health Association
Richmond Branch, Pathways Clubhouse
Tel. 604-276-8834 ext. 12 | C.604-961-3381



Current Research on Schizophrenia, Dr. Bill Honer

Submitted by Isabella Mori

One of the keynote speakers for our Family Conference on April 26 will be Dr. Bill Honer. To whet your appetite, here is some information about him.

Dr. Honer is a Professor and Head of the UBC Department of Psychiatry and the Jack Bell Chair in Schizophrenia, as well as the Scientific Director of the BC Mental Health & Addiction Research Institute.

He has been a leader in schizophrenia research for many years. For example, he has studied brain structure and treatment response in persons with first episode schizophrenia as well as to those who do not respond well to treatment. The contribution of genetics, development and experience to the onset of schizophrenia is one of his areas of interest. He leads the research area of the UBC Schizophrenia Program which looks at psychosis from a wide perspective, including proteomics (biological measures of schizophrenia), pharmacology (medication), brain imaging, genetics, cognition (mental processing) and social functioning. Dr. Honer also works to find optimal ways to translate research into clinical practice.



Currently, Dr. Honer is the primary investigator in a study of the mental health of 500 formerly homeless people who live in supportive housing. This is an Urban Psychiatry research project that involves comprehensive care for serious mental illness and addiction (“SAMI”) complicated by physical health issues.

Dr. Honer has authored the assessment section of the Canadian Clinic Practice Guidelines for Schizophrenia. He also won an award for mentoring UBC Faculty of Medicine members who are early in their career.

Dr. Honer will be speaking at the 9th Annual Family Conference, 26 April 2014. His presentation is titled, “Psychosis: Brain and/or Mind?”

To register for the conference, visit www.annualfamilyconference.com

Tickets are available now!



Spotlight On: Dr. Evan Wood

Dr. Evan Wood will be a Keynote Speaker at the upcoming 9th Annual Family Conference, Family Involvement in the Mental Health and Addiction System.

Evan Wood, MD, PhD, ABIM, FRCPC, is Professor of Medicine at the University of British Columbia and an attending physician on the Clinical Teaching Unit at St. Paul's Hospital, where he is also the co-Director of the Urban Health Research Initiative. Dr. Wood is the Medical Director for Addiction Services at Vancouver Coastal Health and was the Founding Director of the St. Paul's Hospital Goldcorp Fellowship in Addiction Medicine, Western Canada's only American Board of Addiction Medicine accredited training program for addiction medicine physicians. Dr. Wood's current clinical practice and research are dedicated to inner city medicine issues, with a particular focus on improving early intervention in alcohol and drug addiction.



Dr. Wood has published over 350 scientific papers and has explored diverse areas of research including addiction, mental illness, and improving early intervention initiatives.

At his presentation at the Family Conference on April 26th, Dr. Wood's presentation will explore addiction as a health issue, and explore the effect of drugs on brain and behaviour, as well as concurrent disorders.

Dr. Wood will be speaking at the 9th Annual Family Conference, 26 April 2014. His presentation is titled, "Mobilizing Families and Communities to Improve Care for People with Addiction".

Tickets are available now!

Date: 26 April 2014, 8:30 a.m. - 4:30 p.m.

Location: Paetzold Auditorium, 899 W 12th Ave, Vancouver

Registration: \$45 individual / \$130 family (of 4)

To register, visit www.annualfamilyconference.com



Calendar of Events

April 2014

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 VCH Eating Disorder Family Group 6:00pm	2	3	4 Parents Forever Support Group 7:00pm	5
6	7	8 MDA Family Support Group 7:00pm	9 Raven Song Family Support Group 6:30pm	10	11	12 CMHA Chinese Family Support 1-4pm
13	14	15 VCH Eating Disorder Family Group 6:00pm	16	17	18 Good Friday	19
20	21 Easter Monday	22 MDA Family Support Group 7:00pm	23 Willow Pavilion Family Education Evening 6-8pm SPH Support Group 6pm	24	25 Parents Forever Support Group 7:00pm	26 9th Annual Family Conference!
27	28	29	30			

Support Group Listing

Mood Disorders Association of BC – Mutual support groups for families of individuals living with a mood disorder. 2nd and 4th Tuesday each month, 7 - 9 p.m., Mount St. Joseph Hospital, 3080 Prince Edward St, Harvest Room A. Contact 604-873-0103

Raven Song Family Support Group– Support group for families who have a loved one living with mental illness. 2nd Wednesday of each month 6:30 – 8:30 p.m. at Raven Song Community Health Centre, 2450 Ontario Street, Vancouver. Contact 604-736-2881 or jessica.wilkins@vch.ca

VCH Eating Disorder Program – Family Support Group – for friends and family members of individuals living with an eating disorder. 1st and 3rd Tuesday of each month, 6 – 7:30 p.m., 3rd Floor, 2750 East Hastings, Vancouver. Contact Hella at 604-675-2531 ext 20689.

Parents Forever – Support group for families of adult children living with addiction. Group meets every 2nd Friday at St. Mary's Kerrisdale, 2490 W 37th Ave., Vancouver. Contact Frances Kenny, 604-524-4230 or fkenny@uniserve.com

SPH Family Support Group – 6 session closed support group for family members supporting a loved one with mental illness. Registration is required, call Pam at 604-682-2344 local 62403.

CMHA Chinese Family Support Group – Education sessions for Chinese families who have a loved one living with mental illness. Richmond Caring Place, 1 – 4:00 p.m., Room 345/50, 7000 Minoru Blvd, Richmond. Contact bessie.wang@cmha.bc.ca or 604-276-8834, ext 12. Or check out their blog at <http://cmhachinese.wordpress.com>